VANCOUVER metro®
Tuesday, May 24, 2011
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News worth sharing.

▶ Vancouver Canucks fans wave towels as the team prepares to play the San Jose Sharks during Game 2 of the NHL Western Conference finals on May 18.

DARRYL DYCK/THE CANADIAN PRESS

One game away till no way Jose

Hopes are high that history will repeat itself as the 1994 team also advanced to the finals on May 24
Fans are confident about the Canucks' chances tonight to eliminate San Jose

Scott Rintoul, co-host of the Team 1040 morning show, said what makes the Canucks' performance more impressive is that this is the first time in the team's history they have gone on a good playoff run when people expected them to.

"I think it's really a testament to how they've built this team that it does not matter if one or two of their best players have an off night," he said. "Somebody else usually finds a way to step to the forefront and rise to the occasion."

Katie Maximick, a longtime fan and Canucks hockey blogger, said if the team continues to have multi-point games, then the rest of the playoffs should be a breeze.

"They showed that they're the team to beat," she said. "I heard that Boston fans are actually a little nervous now after (Sunday's) game because of how well Vancouver played. They're nervous now and they don't want to face them, which is a good sign."

Maximick added it's been much easier to win a game when the Sedins are playing the way they have been recently.

"Do we want history to repeat itself? Not really," she said, noting the Canucks were on the losing side in their two previous trips to the Cup. "We want to go a little bit further than that."

PHYLICIA TORREVILLAS

See what fans say about a potential win for the Canucks {page 3}

Politics

PM follows leaders at G8

But not on Twitter {page 10}

Human rights

Woman pushes on with complaint

Claims unfair treatment at local bar {page 3}

Tornado

U.S. twister death toll may rise

At least 116 killed {page 7}

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B.C. to launch lawsuits to recover health costs

It started with an innocent walk across the street.

George Kripner was hit by a vehicle driven by an alleged drunk driver, setting off a lawsuit that involves neither Kripner, nor the man behind the wheel.

A B.C. Supreme Court lawsuit filed this week is one of almost 300 cases launched every month by the provincial government in order to recover healthcare costs of the person injured. The suits are similar to those filed by provinces against tobacco companies. But instead of a massive suit against one company, these suits involve thousands of smaller claims against municipalities, restaurants and bars, insurance firms, and individuals.

Since the Health Care Cost Recovery Act took effect April 1, 2009, almost 3,000 cases have been closed, with a cost recovery of $6.2 million for the province. Another 5,300 cases remain open. In this case, the province wants to recover the costs of nursing Kripner through a traumatic brain injury and 16 broken bones.

Both the Corporation of Delta and the ONE20 Pub and Suburban Grill are named as defendants. The lawsuit alleges Delta was responsible because it failed to provide adequate lighting and didn't have a marked crosswalk where the accident happened.

THE CANADIAN PRESS

Woman to proceed with complaint against bar

- Human Rights Tribunal refuses to toss aboriginal woman's complaint
- She claims to be denied entry because she was wearing moccasins

The B.C. Human Rights Tribunal says an aboriginal woman who claims a nightclub bouncer denied her entry because she was wearing moccasins and then told her there were no buffalo to hunt inside can proceed with her complaint against the establishment.

Colleen Mitchell White, who is part Ojibwa, Cree and Métis, filed the complaint against the Roxy Cabaret after an altercation at the club in March 2009, when she attempted to enter the bar with her brother.

The tribunal initially dismissed the complaint, but earlier this year the B.C. Supreme Court ordered the rights body to reconsider that decision. A ruling posted to the tribunal's website last week says Mitchell White's complaint can proceed.

According to her complaint, she showed up at the Roxy carrying a golf club and was told she couldn't bring it inside.

When she returned without the golf club, Mitchell White claims the doorman told her: "We don't serve people in moccasins."

When she replied that her ancestors hunted in moccasins, the doorman responded that there were no buffalo inside the club, according to Mitchell White's complaint.

Mitchell White insists she was not loud or confrontational, and she denies she was drunk or under the influence of drugs.

THE CANADIAN PRESS

Roxy response

- The Roxy Cabaret doesn't dispute the comments about the moccasins and buffalo, but says Mitchell White was intoxicated, aggressive and confrontational throughout her interaction with the bar staff.

Word on the street

WHAT DO YOU THINK OF THE VANCOUVER CANUCKS POTENTIALLY MAKING IT TO THE STANLEY CUP FINALS?

Daniel Mclaren
27
Edmonton

"It's awesome. It's been a long time and we have all been patient with the Canucks and hopefully in this 40th year they can bring the cup home and make it a big party for Vancouver."

Tony Hong
25
Vancouver

"It's nice to see the city so alive. I was down in the United States yesterday at the outlets and everyone was wearing their Canucks jerseys. Go Canucks go."

Victor Veiga
25
Vancouver

"I'm really excited but I'm kind of a bandwagon fan. I want the Canucks to go to the Stanley Cup because I want the big party afterwards."

Arielle Tuliao
22
New Westminster

"I'm really excited. If I would have to put my excitement rating between one and 10, I'm definitely at a 15."

1 news

Health experts offer ways to break the habit of unhealthy late-night snacking. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

The burden of Canada's shortfall on UN commitment to accommodate the mentally disabled weighs heavily on parents. Video at metronews.ca

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News in brief

City launches new site

ONLINE. The City of Vancouver launched a new online social media tool yesterday that helps residents sound off on issues important to the community.

PlaceSpeak.com lets Vancouverites tag themselves on an interactive map of the city and write about places and issues that affect it. The city is also encouraging people to design emblems for each of Vancouver's 26 neighbourhoods, with winning entries to be used by the city and PlaceSpeak.

METRO

Leaving B.C. to fight blaze

FIREFIGHTERS. The provincial government says there are now more than 500 firefighters and wildfire personnel from B.C. that have been deployed to help fight fierce fire activity in Alberta.

Nine 20-person crews, two ignition specialists, 19 division supervisors, five radio operators and one agency representative were the latest British Columbians to enter the fray as they left for Northern Alberta Friday.

METRO

Search for man gets smaller, officials say

CREEK. Officials have scaled back the search for a B.C. man who jumped into a rushing creek to rescue his small dog.

The Mounties say a 31-year-old man had been panning for gold along Cherry Creek near Cherryville Friday afternoon.

THE CANADIAN PRESS

A peek at the SFU Gondola

- Open houses begin tomorrow for the Burnaby Mountain Gondola Project
- TransLink says building and running gondola cheaper than current bus system

MATT KIELTYKA
@METRONEWS.CA

The public will be given the chance to learn about the proposed $70-million Burnaby Mountain Gondola Project for themselves this week as TransLink hosts a number of project presentations.

The concept of a Whistler-style gondola running from the Production Way-University SkyTrain station to the top of Burnaby Mountain is expected to cut greenhouse gas emissions by 2,000 tonnes in the first year and be more reliable in bad weather than the current diesel bus transit network.

Funding for the project, which spokesperson Ken Hardie says is still in an early feasibility study stage, has not been secured.

But unlike other proposed projects that have stumbled over funding, such as the Evergreen Line, Hardie said the gondola theoretically pays for itself.

"What's unique about it is that it would replace the buses on a difficult route," he said.

Hardie said it's cheaper to build and run the gondola than running an army of buses up and down the gruelling slope.

He also said TransLink has been in discussions with residents at Pine Ridge Housing Co-Op, who have expressed privacy concerns over the potential of a gondola operating above their homes.

"We've been in contact with them and think it would be possible to mitigate their concerns," he said.

MIGUEL VILLAGRAN/GETTY IMAGES

▶ A gondola in Lenggries, Germany.

Gordon Harris, president of the SFU Community Trust, has been a big backer of the project.

"This is something that's not being done anywhere in the region and reinforces our commitment to sustainable development," he said.

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News in brief

Obama toasts Irish roots

U.S. President Barack Obama visited the Irish town of Moneygall yesterday where his great-great-great grandfather lived before moving to the United States in 1850. Obama's Irish roots were discovered during the 2008 presidential campaign.

THE ASSOCIATED PRESS

EU urges Mideast talks

The EU will push other world powers this week for a resumption of Mideast talks since U.S. President Barack Obama called for a peace treaty between Israel and the Palestinians based on the 1967 borders. A joint statement from EU ministers says that it is a "matter of urgency."

THE ASSOCIATED PRESS

Book tells all about Palin

A former member of Sarah Palin's inner circle, Frank Bailey, has written a scathing tell-all of the former vice-presidential candidate. Blind Allegiance to Sarah Palin: A Memoir of Our Tumultuous Years is based upon emails kept during Bailey's time with Palin. The Alaska attorney general's office is investigating the use of the emails.

THE ASSOCIATED PRESS

Rapture in October?

Preacher sought refuge in motel after prediction failed to occur
Crestfallen followers turn their attention to more earthly concerns

California preacher Harold Camping said yesterday his prophecy that the world would end was off by five months because Judgment Day actually will come on Oct. 21.

Camping, who predicted that 200-million Christians would be taken to heaven Saturday before the Earth was destroyed, said he felt terrible when his doomsday prediction did not come true. His independent ministry, Family Radio International, spent millions — some of it from donations made by followers — on more than 5,000 billboards and 20 RVs plastered with the Judgment Day message.

But Camping said that he's now realized the apocalypse will come five months after May 21, the original date he predicted. He had earlier said Oct. 21 was when the globe would be consumed by a fireball.

JOSHUA TRUJILLO/THE ASSOCIATED PRESS

▶ Becky Friedman stands outside a Rapture party on Saturday in Tacoma, Wash.

It's not the first time the independent Christian radio host has been forced to explain when his prediction didn't come to pass. He also predicted the apocalypse would come in 1994, but said it didn't happen then because of a mathematical error.

Camping made a special statement before the press at the Oakland headquarters of the media empire that has broadcast his message. His show, "Open Forum," has for months headlined his doomsday message via the group's radio stations, TV channels, satellite broadcasts and website.

Apocalyptic thinking has always been part of American religious life and popular culture. But the majority of Christians reject the idea that the exact date or time of Jesus's return can be predicted.

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U.S. twister toll may rise

Threat of more severe weather for Midwest Search-and-rescue efforts hindered by thunderstorm

Rescue crews in Joplin, Mo., dug through piles of splintered houses and crushed cars yesterday in a search for victims of a tornado that blasted much of the Midwestern town off the map and slammed straight into its hospital.

At least 116 people died, making it America's deadliest single tornado in nearly 60 years and the second major tornado disaster in a month. An unknown number of people were hurt.

Authorities feared the toll could rise as the full scope of the destruction comes into view: House after house reduced to slabs, cars crushed like soda cans, shaken residents roaming streets in search of missing family members. And the danger was by no means over. Fires from gas leaks burned across town, and more violent weather loomed, including the threat of hail, high winds and even more tornadoes.

The twister was one of 68 reported in the Midwest last weekend.

THE ASSOCIATED PRESS

Powerful storm

- Tornado was given an initial rating of EF4, the second-highest for twisters.
- It moved up to 318 km/h and was 1,200 metres wide at times.

CHARLIE RIEDEL/THE ASSOCIATED PRESS

▶ An emergency vehicle drives through a severely damaged neighbourhood in Joplin, Mo., yesterday.

Slave Lake residents tour ash and rubble

Residents of Slave Lake, Alta., knew there would be shock and tears when they boarded buses yesterday to briefly return to their fire-ravaged town. But it was the optimism they felt by the end of the trip that caught them by surprise.

"It made me feel much better," said Brenda Derkoch after stepping off the bus that returned to the evacuation centre in Athabasca. "My house is gone, all my neighbours' houses are gone, but we have all our schools. We have the hospital. We have so many people out there working so hard for us."

Still, seeing the smouldering, levelled wasteland the fire left behind was tough for some.

One week after a wildfire blazed through the town, reducing a third of its buildings to ash and rubble, some 250 people returned to the area for a first-hand look at the charred remains. Another 250 will bus there today.

THE CANADIAN PRESS

NANCY GORDY/FOR METRO

▶ A tarantula, among many other pets, has taken up residence at the Edmonton Humane Society until its owners, who have had to relocate from Slave Lake, Alta., are able to care for it.

50 pets found in wreckage

The animal rescue mission continued in fire-ravaged Slave Lake, Alta., this weekend, with the Edmonton Humane Society recovering 50 more pets from the wreckage.

"Remarkably, we haven't found an animal that required serious medical care," said EHS spokesperson Shawna Randolph.

Seventy animals that were being housed at the Edmonton Expo Centre were moved to the EHS shelter as well.

CHRIS SAVAGE

270

Over the past week, more than 270 animals have been rescued by the EHS team.

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Canadian choppers sent to Haiti plagued with problems: Report

Canadian aircraft sent to Haiti to help in the aftermath of last year's devastating earthquake suffered mechanical problems that left some sitting idle for days as they awaited replacement parts, according to military reports.

Six Griffon helicopters and one Sea King went to the Caribbean country within 48 hours of the Jan. 12, 2010, disaster to help with humanitarian aid.

But situation reports covering the two-month mission show that at times, up to three of the six Griffons were unserviceable because of breakdowns, a lack of parts and inspections.

The documents say that the inability to get replacement parts was one of the greatest challenges in Haiti. THE CANADIAN PRESS

Flood may sink farmers' businesses

- Farmers hope for compensation from government
- One-quarter of Manitoba cattle affected

Arnthor Jonasson looks over his pasture where his cattle normally graze.

But instead of munching cows, there is a bird diving into several feet of water to catch a minnow. Jonasson has almost 1,300 hectares of ranchland on the shores of Lake Manitoba. Near 810 are under water and could be for months to come.

The lake is the dumping ground for flood water across southwestern Manitoba and the region is seeing what officials call a "one-in-300-year" flood.

While water levels are dropping across the province now, the lake isn't expected to crest until June and is expected to remain high for the rest of the year.

That's left many in the region feeling they — and their livelihood — are being sacrificed so others can remain dry.

People are hoping for compensation but that requires them to put faith in the very officials they blame for their current predicament.

"We're in limbo," Jonasson said.

"We hope the government will do the right thing." THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Nicole Mallette and Andre Tougas stand in their yard immersed in flood waters in the town of St-Anne-de-Sabrevois, Que., Saturday.

Residents face evacuation as floods hit historic levels

Water levels in the Richelieu River have returned to an historic high and officials in Quebec are warning it could force even more residents from their homes.

The river level has been steadily climbing since Sunday and it's expected to rise another 20 centimetres within 24 hours.

High winds have been pushing water northward from Lake Champlain and creating big waves that could cause more damage in the communities along the river.

More than 3,000 homes have been flooded and 1,000 evacuated since the water began to rise more than a month ago. **THE CANADIAN PRESS**

Officer killed, another wounded in shooting at Montreal condo

Quebec provincial police have confirmed two members of the force were involved in a deadly incident early Sunday morning in a condo on Montreal's south shore.

The local police force investigating the incident said it appears a 45-year-old policeman shot a female officer in the lower body, then turned the gun on himself. He later died in hospital.

Martin Simard of Longueuil police said it's not clear if the man shot the 33-year-old woman on purpose. She was taken to hospital for a leg injury and shock.

He would not comment on their relationship but said the pair knew each other.

THE CANADIAN PRESS

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Treating teen sex offenders

An expert in the treatment of sexual disorders says sex crimes involving adolescent offenders are coming to the courts more often — but the prospects for rehabilitating young teens is high.

Dr. Paul Fedoroff said although he couldn't comment specifically on the case of a 14-year-old boy accused of luring an eight-year-old girl and an 11-year-old girl into Ottawa woods, in cases where sex offenders are teenagers, "they have a very good prognosis once they've been apprehended."

"Activities at that age may not persist and most sex offenders who are adolescents never reoffend," he said.

When teens are treated, experts are often addressing other problems, such as drug or alcohol abuse. The age of the victims might not be the main "red flag," he said.

"I think that most experts when looking at this case would be concerned most by the luring part — regardless of the age difference — or the possibility that there was an attempt to engage in non-consensual activity. That is the main red flag," he said. JESSICA SMITH

Teen Luring Case

- Working from tips from the public, police arrested a 14-year-old boy who allegedly tried to lure young girls into the woods in Ottawa.
- Police say in one case, the boy allegedly drew an 11-year-old girl away from Bellevue Manor Park and sexually assaulted her.

Harper will meet, but he won't tweet

Of the 62 world leaders from 49 countries that use Twitter, only 25 mutually follow at least one other leader, says media director

JACQUES BRINON/THE ASSOCIATED PRESS

▶ Who's following whom? Oxfam international activists pose as U.S. President Barack Obama and France's President Nicolas Sarkozy at a poker table in a gambling club in Paris yesterday.

Prime Minister Stephen Harper will follow seven other world leaders to the French seaside this week for the G8 summit. But he doesn't follow them on Twitter.

Seven of the eight G8 leaders have a presence on the microblogging site, either through accounts in their name, that of their office or a spokesman, or in some cases all three.

Italian Prime Minister Silvio Berlusconi is absent from the site.

Harper doesn't follow any of the accounts for the British, Japanese or French prime ministers or the German chancellor, according to analysis performed using the website doesfollow.com

Nor does he follow U.S. President Barack Obama.

Of those, the only leaders who follow Harper's Twitter account are British Prime Minister David Cameron and Russian President Dmitry Medvedev. The Russian president is the only leader Harper follows.

The way world leaders use social media is out-of-sync with the protocols of diplomatic relations, suggests Matthias Lufkens, associate director for media at the World Economic Forum. THE ASSOCIATED PRESS

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KOJI SASAHARA/THE ASSOCIATED PRESS

▶ Marc Benioff, chief executive of Salesforce.com, attends a press conference to announce a shared initiative with Toyota called Toyota Friend, a private social network for owners of the car brand that works similar to Twitter.

Toyota gets networking

Car company hopes social networking plan will inspire customers to give feedback about how cars are working Is investing $5.5 million

Toyota is setting up a social networking service with the help of a U.S. Internet company and Microsoft so drivers can interact with their cars in a way that's similar to posting on Facebook or Twitter.

Japanese automaker Toyota Motor Corp. and Salesforce.com announced their alliance yesterday to launch Toyota Friend, a private social network for Toyota owners.

In a demonstration at a Tokyo showroom, an owner of a plug-in Prius hybrid found out through a cell-phone message from his Prius that he should recharge his car overnight.

When the owner plugged in his car to recharge it, the car replied, "The charge will be completed by 2:15 a.m. Is that OK? See you tomorrow."

Since many next-generation cars need to be recharged, drivers may need real-time information, such as the battery level of their cars and locations of charging stations, more than regular gas-engine cars.

The exchanges can be kept private or be shared with other Toyota Friend users, as well as made public on Facebook, Twitter and other services.

"I hope cars can become friends with their users, and customers will see Toyota as a friend."
PRESIDENT AKIO TOYODA

If your car is up for an inspection, for example, the owner will be notified through Toyota Friend, which will in turn automatically link to a dealer to set up an appointment.

The companies did not give details of how the technology, such as the content of the talking car's dialogues, will be managed. But officials said the answers will be automated through sensors in the car.

Many cars are already equipped with network capabilities that can function as a mobile device. Toyota's service will start in Japan in 2012, and will be offered later worldwide, initially with electric vehicles and plug-in hybrids, according to Toyota.

THE ASSOCIATED Ppress

News in brief

Toyota needs to listen: Panel

SERVICE. An independent panel set up to review Toyota Motor Corp.'s safety and quality issues says the company doesn't do a good job of incorporating customer feedback into its car designs.

The panel says Toyota should appoint executives who are responsible for safety and should give more power to regional executives outside Japan. **THE ASSOCIATED PRESS**

Shares drop for Ryanair

AIRLINE. Ryanair shares are falling after the leading budget airline announced it would ground 80 aircrafts this winter and reduce passenger traffic for the first time in its history.

The Dublin-based airline said weak winter demand meant it would cost less to ground the jets — more than a quarter of its fleet — than to operate them at a loss from October to March. The airline carries four per cent fewer passengers than in the previous winter.

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Frozen. Assets

▶ Women walk past pictures of Syrian President Bashar Assad in Damascus, Syria, yesterday. The EU imposed sanctions on Bashar Assad because of his government's continuing crackdown on anti-government protesters.

THE ASSOCIATED PRESS

Syrian leader faces power freeze

More than 900 people have reportedly been killed since the government's crackdown on protesters. The 27-nation EU instituted an assets freeze and visa ban on Syrian President Bashar Assad and nine other members of his regime.

Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
+ 27.18 (13,652.27)	- 0.51¢ (102.77¢ US)	+ 1.05¢ ($99.49 US)	$4.393 US (+10.3¢ US)	$1,508.90 US (+ $16.50 US)

Greece's borrowing rates hit new record

$32.8B The EU wants cross-party support in Greece for a new austerity program, worth at least $32.8 billion.

Greece's borrowing costs surged to another record yesterday, as the crisis-hit country's prime minister chaired emergency talks to deepen austerity measures beyond his own government's term in office.

A cabinet meeting began as yields rose above 17 per cent for Greek 10-year-bonds, hitting a new record margin — or spread — over the benchmark German rate.

Greece suffered another bond downgrade late Friday from the Fitch ratings agency, lowering its investment ranking by three notches deeper into junk status. Prime Minister George Papandreou conceded over the weekend that plans to return to bond markets next year may not be achievable.

The European Union wants cross-party support in Greece for a new 2011-2015 austerity program. Papandreou is to meet opposition leaders today in an effort to seek consensus.

His government is also finalizing additional austerity measures for 2011 worth $8.5 billion, or double the original amount planned, to correct this year's disappointing fiscal performance — in fresh cuts expected to sweep away tax exemptions and possibly slap additional taxes on wealthy home owners.

The government is also to consider layoffs in the traditionally well-protected civil service, which could spark protests.

The economy is being kept afloat by $156.6 billion in a 2010-2013 package of rescue loans from European countries and the International Monetary Fund.

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Dutch back French finance minister for top IMF job

Momentum grew for French Finance Minister Christine Lagarde's potential candidacy to the top job at the IMF, with the Netherlands becoming the latest European government to offer its support. The Frenchwoman, however, kept silent about whether she even wants the job.

Dutch Finance Minister Jan Kees de Jager said Lagarde is "outstandingly suitable" to succeed Dominique Strauss-Kahn, who quit last week as leader of the global financial body after he was accused of attempting to rape a New York hotel maid.

Several other European governments — including Germany and Britain — have supported Lagarde, making her the frontrunner for the job.

Some developing countries have called for the International Monetary Fund's leadership to go to someone outside Europe, which has picked a chief for the fund since its inception after the Second World War. The Mexican government has said it will nominate the head of the country's central bank, Agustin Carstens.

De Jager, however, told Dutch national broadcaster NOS yesterday he wants a European to keep focus on the debt crisis.

THE ASSOCIATED PRESS

Cisco feels heat over the 'Great Firewall'

Members of the Falun Gong spiritual movement have filed a lawsuit in the U.S. against Cisco Systems and its top executives, including CEO John Chambers, accusing the company of supplying the Chinese government with computer networking equipment used to spy on dissidents and censor the Internet.

The lawsuit alleges that Cisco aided and abetted human rights violations by the Chinese government in providing networking gear and technical assistance to build the "Great Firewall of China."

"We sell the same equipment in China that we sell in other nations worldwide," Cisco said.

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China. Risky business

▶ Local and mainland Chinese university students, dressed as Foxconn workers, hold mock iPads with a skeleton print outside an Apple Premium Reseller shop in Hong Kong.

KIN CHEUNG/THE ASSOCIATED PRESS FILE

Blast rocks manufacturing strategy

An explosion on Friday at one of two factories that make Apple's iPad 2 highlights the risks of a global manufacturing strategy that has cut costs, but concentrates production in a few locations. The blast — caused by combustible dust in a workshop that polished products in China's Chengdu city — killed three employees and injured 15. The company said production has been suspended.

Dot-com deja vu?

10 years after bust, a new bubble may be developing, analysts say

ELISABETH BRAW
METRO WORLD NEWS

"If there's a new dot-com bubble, it's a lot different from the original bubble."
HARRY MCCRACKEN, SILICON VALLEY'S LEADING BLOGGER

Professional network site LinkedIn shares were trading at over $84 US yesterday — an increase of nearly 100 per cent since the company went public on Thursday. A few days earlier, Microsoft bought Skype for $8.5 billion US.

One short decade after the dot-com bubble, is another in the making?

"In the old days, companies like Webvan went public before they proved they had a viable business, and then went bankrupt when it turned out they didn't," says Harry McCracken, Silicon Valley's leading blogger. "LinkedIn has been around for eight years, so its IPO (initial public offering) is hardly premature," he writes at Technologizer.com.

Still, investors — particularly those who missed Facebook — seem eager to sink their money into social networking companies.

"People are talking about a bubble, but we're still in the early stages," says Dr. Carsten Sorensen at the London School of Economics. "But today's tech companies are really mature in their thinking.

"During the last bubble, companies just got in and imitated. They were really stupid. Of course, even though they're more intelligent now this can still be a bubble."

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IF AT FIRST YOU DON'T SUCCEED ...

SHE SAYS ...

JESSICA NAPIER
METRO

Before you go any further I should warn you, this is not an inspiring column about chasing your dreams and doing what you love. This is about expectations management and some realistic advice on how to get a job (any job).

Every May, a fresh crop of university graduates emerges from the cosy bubble of undergraduate life, ready to face the rejection-letter reality of the working world. Don't worry, we've all been there.

"What have I done with my life … why did I ever get an arts degree?"

But don't fret new grads, you won't be broke forever. Eventually, you will get over your quarter-life crisis, get off the couch and you will find a job. It might not be right away, but employment will happen, just as long as you don't do any of the following:

Be lazy: Spelling and grammatical errors on your resumé are inexcusable; as are limp-wristed handshakes. Never underestimate how far a firm grasp and a properly placed semicolon will take you.

"Asking an employer to postpone your start date until after your birthday, indicating that you will need to bring your German shepherd into the office every Friday ..."

Make demands: Asking an employer to postpone your start date until after your birthday, indicating that you will need to bring your German shepherd into the office every Friday or any other outlandish requests will not be tolerated in today's cutthroat job market.

Be obnoxious: A hard and fast way to never get hired is to indirectly insult the person doing the hiring. A friend of mine, a manager at a retail store, recently interviewed a new grad for a sales position. This is what transpired:

Question: "Where do you see yourself in five years?"

Answer: "Well, I'll be 26 by then (gasp — the horror!) so I'll probably have my life figured out — you know, have a real job."

My friend was unimpressed. And by the way, I don't know any 26-year-olds who have their lives "all figured out." In fact, most of the people I know younger than 40 are still trying to get it together.

Be a social media saboteur: Avoid tweeting excessively about failed interviews, bad-mouthing former employers or any other spiteful online commentary that would make you a human resources nightmare.

Feel entitled: Just because this isn't your dream job doesn't mean you are too good for it. If you are a desperate 20-something living in your parents' basement looking to pay off some student loans, then be prepared to settle.

And if all of your hard efforts don't pay off, just remember, there's always grad school.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel

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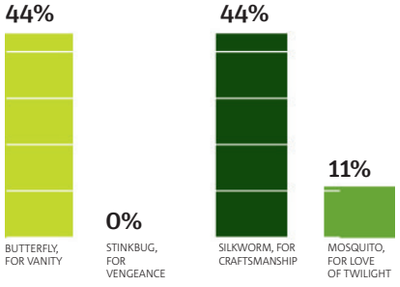
If you had to be one of these four bugs, which would you be?



Local tweets

- **@Boyz_II_Men:** On the way to Halifax! Always fun in Vancouver! See y'all again soon! Oh, by the way, where are the #SOLDIERZ at?! #SOLROLLCALL
- **@reneesiu:** My dad just said "Sedins weren't that great last game. Didn't even score." ARE YOU JOKE? #Canucks #nowayjose
- **@andz205:** Where are those Sedin haters right about now? #Canucks #NoWayJose
- **@Maniac1655:** Security in San Jose wanted to lose my Canucks jersey in the X-ray machine and then asked if I'll be back for game six. Good fun. #nowayjose
- **@elexis_h:** "@jml_wilson: If Nieme had nieces and/or nephews he'd be Uncle Antti ... bahahah #Canucks #nowayjose" GROAN :)
- **@VanCanucks:** Christian Ehrhoff said he feels "pretty good" and he's "day-to-day." His shot and strength feel "pretty good" as well. #nowayjose
- **@ThatDamJonGuy:** The original Stanley Cup cost $48.57 ... #thingsPeterPuck taughtme #NoWayJose

Worth mentioning

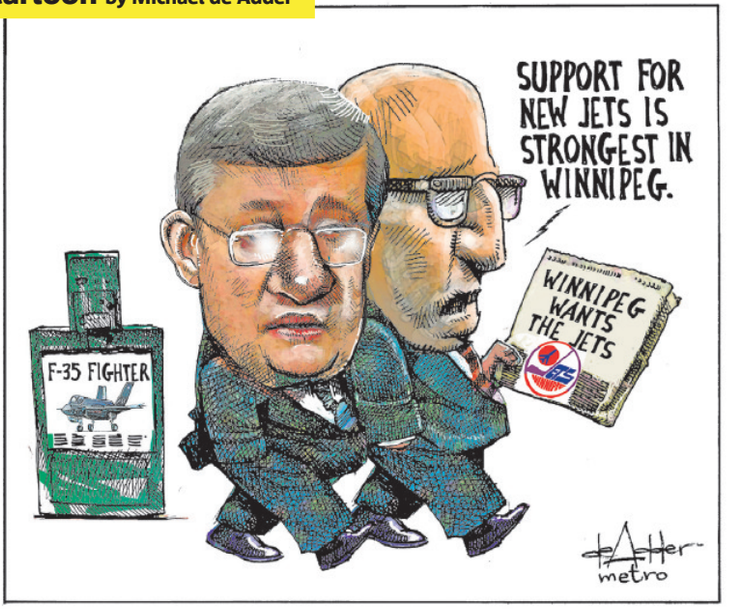
CAIRO, Egypt. A Saudi woman was arrested for a second time for driving her car in what women's activists said yesterday was a move by the rulers of the ultraconservative kingdom to suppress an Internet campaign encouraging women to defy a ban on female driving.

Manal al-Sherif and a group of other women started a Facebook page called "Teach me how to drive so I can protect myself," urging authorities to lift the ban, and posted a video clip last week of al-Sherif behind the wheel in the eastern city of Khobar.

The page was removed after more than 12,000 people indicated their support for its call for women drivers to take to the streets June 17 in a mass drive.

Al-Sherif, a 32-year-old IT expert, was arrested at dawn yesterday and accused of "violating public order," according to a security official who spoke on condition of anonymity because he was not authorized to speak to the media. She was ordered held for five days while the case was investigated. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

No problem catching this tiger by the tail

HAMPSHIRE CONSTABULARY/THE ASSOCIATED PRESS

▶ The toy tiger.

Police scrambled helicopters and ordered tranquilizers to hunt what they feared was an escaped wild animal in southern England — but found the tiger was just a toy.

Hampshire police say they responded after several residents called in to say they had seen a white tiger in a field near a golf course in Hedge End, near the English coastal city of Southampton.

A tongue-in-cheek recorded message posted to the force's media line said that after "a brief stalk through the Hedge End savannah ... it became obvious that the tiger was a stuffed, life-sized toy."

A second message posted yesterday emphasized police had a duty to take such sightings seriously. As for the renegade tiger? "It's being treated as lost property." **THE ASSOCIATED PRESS**

metro

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CONTRIBUTED

▶ It's another wild morning-after for the gang in The Hangover Part II, opening Thursday.

The wolf pack is back

Bradley Cooper, Zach Galifianakis and Ed Helms return, this time in Bangkok. With a monkey.

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

After the life-threatening escapades of the first Hangover film, you'd think the "wolf pack" — played by Bradley Cooper, Ed Helms and Zach Galifianakis — would learn to take it easy when celebrating before a wedding.

But The Hangover Part II finds the three in a familiar predicament — though in a very unfamiliar location.

In Thailand for Helms' character's wedding (at a plush island resort), the three wake up in a run-down Bangkok hotel room with no memory of the night before — and once again missing a member of their party. But the exotic location isn't the only thing different about the sequel.

"This movie is more about the dynamic of the three guys, and you really get to know them," Cooper says. "For me, watching the first one, it could almost be boiled down to one joke. The whole movie's a setup and the punch line is the credits. When you get to the end of this movie, I'm excited to see the credits, but that's not what I've been thinking about the whole movie."

Revisiting the characters meant getting to show different sides of them, something Galifianakis was thrilled about.

"I think we all wanted to see us turning against each other a bit, which was fun to watch. It kind of calls for it," he says. "I think that was something kind of new that we explored."

Of course, what was most exciting for the co-stars was heading to the other side of the world to film. "I just fell in love with Bangkok. We spent two weeks in a resort town, and I couldn't wait to get back to Bangkok," Cooper says.

While the guys don't wake up with a tiger in their bathroom like in the first film, the animal kingdom is well represented by Crystal, a monkey in a denim Rolling Stones vest with a nasty smoking habit. "Crystal turned out to be kind of this miracle monkey. She's incredible, she can do anything," Cooper says.

"The only downside to Crystal is she has very long claws, and you don't want to get Crystal around an elephant," he warns. "There was one scene where we were walking down the street and there was an elephant, and she kind of destroyed my shoulder."

2 scene

Box office

The reengineered Pirates of the Caribbean sequel On Stranger Tides found its smoothest sailing overseas, where it took in a record $256.3 million at the international box office, according to studio estimates yesterday.
THE ASSOCIATED PRESS

After marriage to ex-Beatle, N.Y. transit board member Nancy Shevell will be Lady McCartney

Hiccups goes Hollywood for Season 2 premiere

Series features Brent Butt as the life coach of real-life wife Nancy Robertson, a volatile children's writer Second season kicks off May 30

IAN JOHNSTON
SCENE@METRONEWS.CA

Despite having starred in two hit comedies, Brent Butt is still uncomfortable calling himself an actor.

"I look at myself as an entertainer who does some acting," says Brent, who is back for season two of Hiccups, which he created and stars in with wife Nancy Robertson.

"And I've gotten much better as an actor. But I act within a certain emotional range. If I had to hold a dying child in my arms and scream to the gods — I'm not sure I could pull that off."

In Hiccups, Brent plays the easygoing life coach Stan Dirko — who is given the unenviable task of keeping the loud, volatile children's writer Millie Upton (Robertson) out of trouble.

"She's very likable because she's like a wide-eyed child," explains Butt. "But in that sense, she also has fits like a child. It'd be too tiring if she was just a jerk. She's more a jerk full of wonder."

CONTRIBUTED

▶ Brent Butt

In May 30's season opener, Millie and Stan take a trip to Hollywood to finalize a movie deal. But it all ends as expected when Millie finds herself in an "incident" outside Grauman's legendary Chinese Theatre.

"We wanted to start the season with a bang. And it turned out to be a fun episode. Maybe too much fun. We ended up shooting way too much in Hollywood."

Butt says he learned a lot during the first season of Hiccups.

"You've got to remember we had already written half the episodes before we even hired the cast," he says. "You learn lots just by doing it. You learn the rhythm of the show and the voice of the characters and you start to write to that. Comedy is all about rhythm. Well, mostly ..."

Sounds like Butt has put a lot of thought into the nature of being funny. Has he ever considered lecturing on comedy?

"I've been asked but generally decline. Comedy kind of refuses to be analyzed. It stops existing once you get scientific about it."

The second season of Hiccups premieres May 30 at 8 p.m. (ET) on CTV.

Ready for prime time

As MTV Movie Awards host and budding movie star, centre stage beckons for Jason Sudeikis Saturday Night Live veteran got his start in improv

As several cameras and a large film crew hover around him, Jason Sudeikis is enjoying the attention.

"Think about how long this lighting would take if I didn't have perfect bone structure," he says, smiling. "Show off God's work."

Sudeikis is shooting promotions for the MTV Movie Awards, which he'll host June 5. As he lists the attendees, he riffs effortlessly ("Blake Lively ... nice guy?") and ponders the Scrabble points in "Shia LaBeouf."

The awards will introduce Sudeikis to millions of viewers just as he's making his largest splash on the big screen. He stars in the upcoming summer comedy A Good Old Fashioned Orgy, out in September, and plays a supporting role in the star-filled Horrible Bosses, out in July.

For the veteran Saturday Night Live cast member, centre stage is a relatively new vantage point. Hosting the MTV Movie Awards (the last two hosts were Andy Samberg and Aziz Ansari) has been a kind of platform for rising comedians on the cusp. "A platform either to dive beautifully off of or to fall completely off of, but a platform nevertheless," says the 35-year-old Sudeikis.

CHRIS PIZZELLO/THE ASSOCIATED PRESS FILE

▶ Jason Sudeikis

Though born in Virginia, Sudeikis was raised in Kansas City, Kan., and has a Midwestern aw-shucks candour. But he often uses a cheery facade for arrogant or oblivious characters. Whether playing U.S. Vice-President Joe Biden or the devil, Sudeikis is usually grinning broadly.

"I always liked smart asses," he says. "I probably wanted to be Axel Foley from age nine until 38. In three years, I'll probably stop wanting to be Axel Foley. I like people that laugh, smart asses that also laugh, that don't take any of it too seriously. Love Ace Ventura. Love Groucho Marx. Love Bugs Bunny."

Sudeikis didn't sincerely pursue comedy until he came to the famed Chicago improv troupe Second City in 1997. His family had some familiarity with showbiz: Sudeikis' uncle is George Wendt (Cheers). Wendt's success, Sudeikis says, pacified his parents in accepting entertainment as a career. At Second City, he "dove in completely" to improv and helped develop a Las Vegas offshoot. There, he became enamoured of the Blue Man Group and even auditioned once (unsuccessfully).

He was hired first as a writer on SNL, which he did for two years, getting a handful of sketches on the air. Though Sudeikis yearned to be a performer, he learned the SNL system and relished the writing process. "I really enjoyed the rewrite table. That was my favourite thing to do," says Sudeikis. "When Tina Fey likes one of your jokes and puts it into the script, you can't help but feel like, 'Maybe I am somehow doing the right thing, the right job.'"

Sudeikis became a cast member in 2006 as part of one of the show's best classes: Kristin Wiig, Bill Hader and Andy Samberg. Sudeikis and Wiig often wrote together and one of their late-night, gum-chewing sessions led to an early recurring hit: "Two A-Holes." In it, the two played an absurdly self-absorbed couple.

Sudeikis says this SNL season, which concluded this past weekend, has been one of creeping nostalgia, as he, Wiig, Hader, Samberg realize their time together is waning. "We all sort of realize that you're not going to do this forever," says Sudeikis, who expects to return next season.

But they all have other projects now, too. For Sudeikis, most notably, there's A Good Old-Fashioned Orgy, an R-rated comedy in which a group of friends decide to have an orgy. It's a generational kind of film with characters in their late 20s and early 30s — stuck between the free-love '60s and the sexting '00s — insisting on their own chance for sexual inhibition.

THE ASSOCIATED PRESS

Celebrity tweets

So...my husband just got deported from Japan. I am so. sad. I brought him all this way to show him my favorite place

@rustyrockets

Planning escape from Japanese custody. It's bloody hard to dig a tunnel with a chopstick

@justinbieber

for once waking up because of jet lag is great .... because i just found out we won 6 AWARDS 2nite!! I THOUGHT IT WAS 3!!! CRAZY!!

Shriver could be in for a big payout

Couple have not filed for divorce yet

If Maria Shriver decides to divorce Arnold Schwarzenegger after revelations of his fathering a child with a former household employee triggered the couple's separation, it could prove to be one of the costliest settlements in recent history, trumping even Tiger Wood's $110 million payout, according to Page Six.

Given the former California governor's estimated worth, Shriver could walk away with more than $200 million, despite a prenup sources believe the couple signed.

Neither Shriver nor Schwarzenegger have filed for divorce yet.

METRO

DAVID PAUL MORRIS/GETTY IMAGES

▶ Arnold Schwarzenegger and Maria Shriver

Cole told to break up with her boyfriend

Before breaking into U.S. television, X Factor judge Cheryl Cole is reportedly receiving some very personal demands from her bosses.

Fox executives want Cole to ditch her boyfriend of one year, Dancing with the Stars hoofer Derek Hough, according to the Mirror.

"Show producers have told her that being single would do wonders for her image. And there would be no shortage of guys in L.A. lining up to go on a date with Cheryl," a source says.

"Derek may be dreaming of worldwide stardom, but he's seen as a small-time dancer on a TV show ... and pretty uncool. TV executives are thinking that if she's going to win over Hollywood, she'd be better off doing it as a sassy and single girl-about-town."

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Knee pain got you down?

ISTOCK IMAGES

▶ Research found that doing hip exercises with an exercise band for three weeks led to a 50 per cent reduction in knee pain.

Simple exercises can strengthen hips and help heal knee injuries

CELIA MILNE
LIFE@METRONEWS.CA

Great news for runners and would-be runners: Easy and inexpensive hip exercises have proven to prevent knee injuries and keep you on the road.

"I like the simplicity of it," says Reed Ferber, director of the Running Injury Clinic and an associate professor in the faculty of kinesiology at the University of Calgary. "There have been lots of gimmicks with shoes and orthotics. This is a piece of $8 surgical tubing. Doing two simple exercises can have such a positive impact on runners."

Ferber believes that hundreds of thousands of Canadians could benefit from these exercises. "Four million people are engaged in formal running programs. Triple that for running recreationally."

Scientific studies show that 50 per cent of runners get injured every year. About 80 per cent of those are from the knee down and half are at the knee.

"Let's say all Canadians who run did these two exercises, even if we were able to reduce injuries by 10 per cent, that's 400,000 runners."

Even in those with mild to moderate knee osteoarthritis, these hip-strengthening exercises can reduce pain in the knee.

Using gait analysis technology, Ferber and colleagues found that doing the hip exercises (strengthening the hip abductor and the hip gluteus medius muscles using an exercise band) for three weeks led to a 40 per cent increase in hip strength and close to a 50 per cent reduction in knee pain.

Their study was published in a recent issue of the Journal of Athletic Training.

For more, visit runninginjuryclinic.com.

How not to run

Running injuries are common. Research shows half of runners get injured every year. And 80 per cent of those injuries are from the knee down. Many of these are preventable by avoiding training errors. Here are some don'ts from Reed Ferber.

- **DON'T** increase your distance by more than 10 per cent a week.
- **DON'T** run faster than you are ready for just to keep up with another runner.
- **DON'T** all of a sudden go outside and run 5 km if you've been running 5 km on a treadmill for several months.
- **DON'T** run 8 km if you are only supposed to run 5 km.
- **DON'T** run if you are injured. Seek help from a sports medicine professional.

3 life

Aspirin makeover

Bayer is looking for a speedy remedy for stagnant aspirin sales. The company, whose name is synonymous with the pain reliever, introduced a reformulated aspirin yesterday that works in half the time of its regular aspirin. Expanding its demographic is key to budging Bayer's 14.6 per cent market share.
THE ASSOCIATED PRESS

Europe OKs Pfizer, Bristol-Myers blood thinner for hip, knee replacement patients. Scan code for story.

BODYISMYOGA

Yoga pose. Shoulder stand/Sarvangasana

What you do:

1. Lie on the floor on your back with your arms at your side, palms down.
2. Bring your legs up at a right angle to your torso.
3. Lift your pelvis, torso and tush off the floor.
4. Bend your elbows and support your back with your hands
5. Lift your legs and hips upward, moving your hands towards your shoulder blades.
6. Steady your spine when you have reached a position where your legs and torso are at a right angle to the floor.
7. To come out of the pose safely, move your legs towards your head. Slowly roll your spine back down.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Bringing Glee to yoga

Hot hatha yoga teacher empowers students, puts musical twist on classes First album, Hallelujah, will be released worldwide in July

DARRYL DYCK/THE CANADIAN PRESS

▶ Blunderfield mixes rock 'n roll and musical theatre with yoga poses.

DARRYL DYCK/THE CANADIAN PRESS

▶ Will Blunderfield

It's a glistening 40 C in the yoga studio where three rows of students sitting cross-legged on mats wait patiently, hands at heart in prayer.

"Let's begin by singing three times the bonjo-vi chant," says the instructor, "followed by Om."

We prepare with a deep, cleansing breath.

"Whooah, we're halfway there," he belts out, surprising newcomers to the drop-in class. "Whooah-oh! Livin' on a prayer."

If Sanskrit swapped for a popular rock anthem is any indication, this is no typical yoga class. Sporting eyeliner, black nail polish and a wicked grin, Will Blunderfield dubs it "Glee Yoga," a nod to the hit TV series.

One thousand students cram into the 25-year-old's self-styled classes at five studios across the Vancouver area each week to participate in the ancient practice with Blunderfield's musical theatre twist.

He teaches all the traditional poses in his hot hatha yoga classes, but they're exuberantly spiked with Tony Robbins-like motivational affirmations and set to a sensational score.

He jokingly describes himself as Richard Simmons' love child with Capt. Jack Sparrow.

"With who he is, you'd think he'd be limited in who he would attract," says Lara Kozan, co-founder of Yyoga studios, which aims to make yoga more accessible.

"Whoever you wouldn't think would resonate with his class, he has those people resonating too. They might have their eyebrow up for the first half of the class, and then they're singing along for the rest."

It may be because of Blunderfield's message: "Follow your heart, love yourself, there's nothing wrong with you," he says in an interview.

Or perhaps it's his stellar voice, coupled with genuine delivery: "Do everything you're doing, but don't do it to impress people — do it to inspire."

THE CANADIAN PRESS

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Vegans in vogue

We used to think of vegans as skinny, pale-faced hippies that would rather eat soil than food with flavour
But a plant-based diet can be healthy and sexy

ROMINA McGUINNESS
METRO WORLD NEWS

For years, the general line concerning vegans has been: "They look emaciated and live off cardboard. And they're annoying as hell at dinner parties."

The thinking now: "Vegans are slim, sexy and generally healthier than people that include animal produce in their diet. Even if they're still slightly annoying at dinner parties."

Being a vegan involves scrapping all animal produce from your diet — no meat, no eggs, no dairy and no honey.

For a long time, the word "vegan" used to send a chill down people's spine as they associated it with deprivation, tasteless meals, malnourishment and poor health.

Over the past two decades the global praise of protein-heavy diets such as Atkins and Dukan has left people with little faith in the vegan way of life as most assume that by surviving off seeds, fruits, legumes, vegetables and soy, vegans lack in essential nutrients necessary for maintaining good health.

Lie, say vegan chefs. It's actually much better for your health.

Kathy Freston, author of the book Veganist, says she can prove it. A vegan for seven years, Freston made the transition from a typical southern girl raised on fried chicken to a dairy-loving vegetarian to, finally, veganist.

"Within weeks of going vegan my energy levels soared and my skin cleared," she says.

Being on a vegan diet dramatically lowers cholesterol levels (the sole source of this being animal produce) and blood sugar levels, and increases natural metabolic rate.

Although humans are omnivores, our bodies thrive on a plant-based diet that over time promotes lower rates of heart disease and obesity.

"A plant-based diet has a high thermal effect as calories are burnt as heat, for up to three hours after your meal calories are burnt at a rate 16 per cent higher than a regular diet," says Freston.

"Within weeks of going vegan, my energy levels soared and my skin cleared."
KATHY FRESTON, VEGANIST

CHARLES BUSH

▶ A chocolate cake without eggs? We'll take it.

Cheating tip

- **Creamy cashew:** Take a handful of cashews and soak them in one inch of water overnight. The next day, blend them and what you get is a thick rich cream that can be used as a base for soups and sauces.

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3 VEGAN PHONE APPS

VEG OUT

When a friend says, "Let's check out this steakhouse," open this app to find a vegetarian option nearby. It's got a huge database.

VEGANXPRESS

This useful app tells you which entrees are vegan at popular chain restaurants.

HAPPY COW

Another restaurant guide, this is the definitive resource for meat-free restaurants.

Cheese-free mac 'n' cheese

Vegan chef Chloe Coscarelli shares her recipe for cheeseless mac 'n' cheese. It gets its yellow colour from nutritional yeast and is loaded with B vitamins. For more, see chefchloe.com.

Ingredients:
- 1 pound pasta
- 1/4 cup soy-free margarine
- 1/3 cup flour
- 3 cups non-dairy milk
- 1 cup nutritional yeast
- 2 tablespoons tomato paste
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 cup broccoli florets (steamed)

Preparation:

1. Cook pasta.
2. In a saucepan whisk the margarine and flour over medium heat for 3-5 minutes. Add milk, yeast, tomato paste and garlic powder and bring to boil, whisking frequently. Reduce heat to low and let simmer until it thickens. Adjust seasoning to taste and stir in lemon juice. Toss noodles with the sauce and broccoli.

4 portions
Prep time: 5 min.
Cooking: 15 min.

▶ It gets its colour from yeast, not cheese.

Don't go without

The four food groups to include in a vegan diet:

1. Protein: One of the biggest misconceptions of a vegan diet is lack of protein. Move away from animal protein and go for nuts, seeds, tofu, beans, legumes, chickpeas and seitan.
2. Complex carbohydrates: Go for sweet potato, brown rice, quinoa, barley and yam.
3. Vegetables: Try broccoli, chard, kale and spinach.
4. Fruit: Try apples, raspberries, bananas, grapes, mango and pineapple.

Try it out

Freston admits that going vegan is a challenge that requires effort and willpower. "We have an emotional bond with food so it's about changing (or sacrificing) life-long habits. Go at your own momentum. For example, if you love your coffee with cream, switch to a soy-based creamer, almond or rice milk."

Tax tips for business owners

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Keep self-employed headaches to a minimum by being organized and knowing the tax-filing rules.

The first half of the year is full of deadlines from RRSP contributions to taxes.

And here's another one: the deadline for the self-employed to file a tax return is June 15.

This confuses many new self-employed individuals because you still must pay tax owing by the same date as everyone else — this year it was May 2nd.

But you have an additional six weeks to get your return into the Canada Revenue Agency.

If you are thinking about striking out on your own or you are a self-employed newbie, here are five common questions fielded by H&R Block about business taxes.

1. Do I need a business number? You don't need a number or even to be registered as a business. But you do need to fill out a T2125 Form, which details your business income and expenses as part of your personal return.

Even students who run a business in the summer can use this form. Don't make the common mistake of listing self-employed income on line 104 (other income).

2. What about CPP premiums? If you earned more than $3,500 you will have to pay.

3. Do I need to register for HST/GST? Those earning more than $30,000 must register for a GST/HST number.

But it is a good idea anyway because you can claim input tax credits for the GST/HST you pay.

4. What happens if I declare a loss? Losses can be carried forward to future years to reduce the tax load when your income is higher.

5. Do I need receipts? Oh you betcha! Keep everything related to your expenses in separate files for each category.

Don't forget that the expenses must be incurred in order to earn an income. If you are using your car for business, maintain a mileage log.

This can be a bit of a pain but after one base year of log keeping you can move to the new simplified method, which uses the base year percentages.

ISTOCK

▶ The number of self-employed women has increased by 50 per cent over the past 15 years.

Recession effect

▶ **During the 2008-2009 recession** the number of self-employed in Canada jumped by 100,000 while the number of paid employees sank by 480,000.

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DESTINED TO TRAVEL FOR TREATS?

TWO SISTERS

Dear Claire and Andrea, I travel a lot for work and have met great guys in some of the cities I've been to. Lately I've been dating two guys — each in a different city — but I can't seem to find anyone in my own town. What am I doing wrong? Am I destined to have to travel for my treats?

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Claire: Dear Travel for Treats,

One of the great side effects of travel is the ability to shed the minutiae of our lives. There are no plumbers to call, no dry cleaning to pick up, no cat litter to scoop. We become a less stressed version of ourselves, less likely to walk down the street ignoring the world, in a cloud of to-do lists.

Result? We're more open to the people we encounter. And once we do meet someone interesting, the mental checklist we usually subject a potential fling/mate/partner to is that much shorter.

At home, we're either too distracted to notice those who notice us, or once we meet them, we question whether they should be allowed into our world, and if so, in what capacity.

Spontaneity is exchanged for mind games, openness for caution.

Andrea: I envy your position because you don't have to deal with those really boring days, the fat days, the PMS days ... You only get the good stuff because time is short, and your partners try to make it count.

The downside is that it's probably warped your relationship standards, which makes it really hard for potential lovers in your hometown to please you after a while.

Being in a long term relationship myself, I can say that you're missing out on some seriously hot stuff: sweet wake-up calls caressed with morning breath, romantic rendezvous in the frozen dinner aisle, elegant repartees over broken washing machines ... but also, a guaranteed hug when you're in a bad mood, having fun doing the mundane tasks, and you know you're going home with a hottie after that party. Even if you don't get five-star treatment all day every day, the little things really do add up.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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Combine fruits & veggies for fresh take on stir-fry

THE CANADIAN PRESS/ HO

▶ This ginger chicken stir-fry uses fruit and vegetables.

Stir-fries are a fast dinner for people on the go and this one is no exception.

All of the Asian ingredients are available at most supermarkets.

Preparation:

1. In a small bowl, stir all of the sauce ingredients together, adding your desired amount of hot Chinese chili garlic sauce, until mixed and cornstarch has dissolved.
2. Thinly slice the chicken into bite-size strips. Snap tough ends from the asparagus, then slice it diagonally into pieces about 5 cm (2 inches) long. Slice the red pepper into large bite-size squares, cut plums into wedges and thinly slice green onions.
3. Heat oil in a very large frying pan or wok over high heat. Add the chicken and stir-fry until golden-tinged. Add ginger and garlic and stir-fry for 1 minute. Add asparagus and bell pepper and continue to stir-fry for a couple of minutes until just tender, adjusting heat as necessary.
4. Add sauce to stir-fry. Stir continuously until bubbly and thickened, about 1 minute. Then add fruit and green onions. Stir just until hot, about 2 more minutes.

THE CANADIAN PRESS/ EXPERIENCE CALIFORNIA

Ingredients:

Sauce
- 75 ml (1/3 cup) water
- 45 ml (3 tbsp) oyster sauce
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark sesame oil
- 5 to 10 ml (1 to 2 tsp) hot Chinese chili garlic sauce
- 10 ml (2 tsp) cornstarch

Stir-Fry
- 2 skinless boneless chicken breasts
- 250 g (1/2 lb) asparagus
- 1 sweet red or yellow bell pepper
- 2 plums or peaches
- 2 green onions
- 15 ml (1 tbsp) vegetable oil
- 30 ml (2 tbsp) finely minced ginger
- 2 garlic cloves, minced

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Breakfast so good you'll want it for lunch, too

Steeve Rayé's second concept offers savoury meals, pastries and much more

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

The slew of pastries and paté loaves on display at Café Régalade froze me in my tracks as I entered Kitsilano's new French bistro.

Blueberry beet muffins, 'Iles Flottantes', and other captivating creations had me gawking for two minutes before I took my seat to read the menu.

Several breakfast skillets, two quiches and a few paté-slathered sandwiches were among my options — all made in house by French owner/chef Steeve Rayé and his team.

My French server recommended the Lyon Breakfast ($12.75) and I accepted. Shortly, presented beautifully on a cedar board, the skillet and its tasty sides arrived.

Jam-packed with thickly sliced bacon, tender pearl onions, and saturated mushrooms — all swimming in a sea of gravy-like red wine sauce — the delicious spread was absolutely layered with intoxicating flavours. Bright yellow rivers of yolk poured from the soft poached eggs resting atop the mess of deliciousness.

Café Régalade — now open for dinner, as well — is the second concept of Rayé's to launch at his West 4th location.

I hope for Vancouver's sake that it's here to stay.

Café Régalade
2836 West 4th Ave.
caferegalade.com
Reservations: No
Quick solo lunch: Yes
Client negotiations: Yes
Social lunch: Yes
Price range: $3.50 - $14
Rating: 5 out of 5

ERIN IRELAND

▶ Lyon Breakfast

THE CANADIAN PRESS/ HO

Blueberry Smoothie

Make this version of the smoothie for your children's breakfast or after-school snack. Frozen blueberries are available in your grocery store's freezer for this fast antioxidant-laden treat.

Preparation:

1. In a blender, combine milk, blueberries, yogurt and honey; puree until smooth.
2. Pour into glasses; serve immediately.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:
- 500 ml (2 cups) milk
- 500 ml (2 cups) frozen blueberries
- 125 ml (1/2 cup) vanilla-flavoured yogurt
- 30 ml (2 tbsp) honey

CANUCKS GAME DAY

SCOTT RINTOUL
VANCOUVER@METRONEWS.CA

For the third time in as many playoff rounds, the Canucks have an opportunity to close out an opponent in Game 5 on home ice.

With the Canucks having lost the previous opportunities by a combined score of 7-2, Vancouver fans are left hoping their club has learned from its recent failures to dispatch a rival this early in a series.

One doesn't need look any further than Canucks captain Henrik Sedin for proof as to how beneficial a few days of extra rest can be.

The elder twin was visibly hampered by an undisclosed injury during an unproductive series versus Nashville, but has vaulted into the NHL playoff scoring lead with 10 points against San Jose following five days without hockey.

The big question tonight revolves around officiating.

The first two games of this series were primarily played at even strength with a total of 14 power plays between the two clubs.

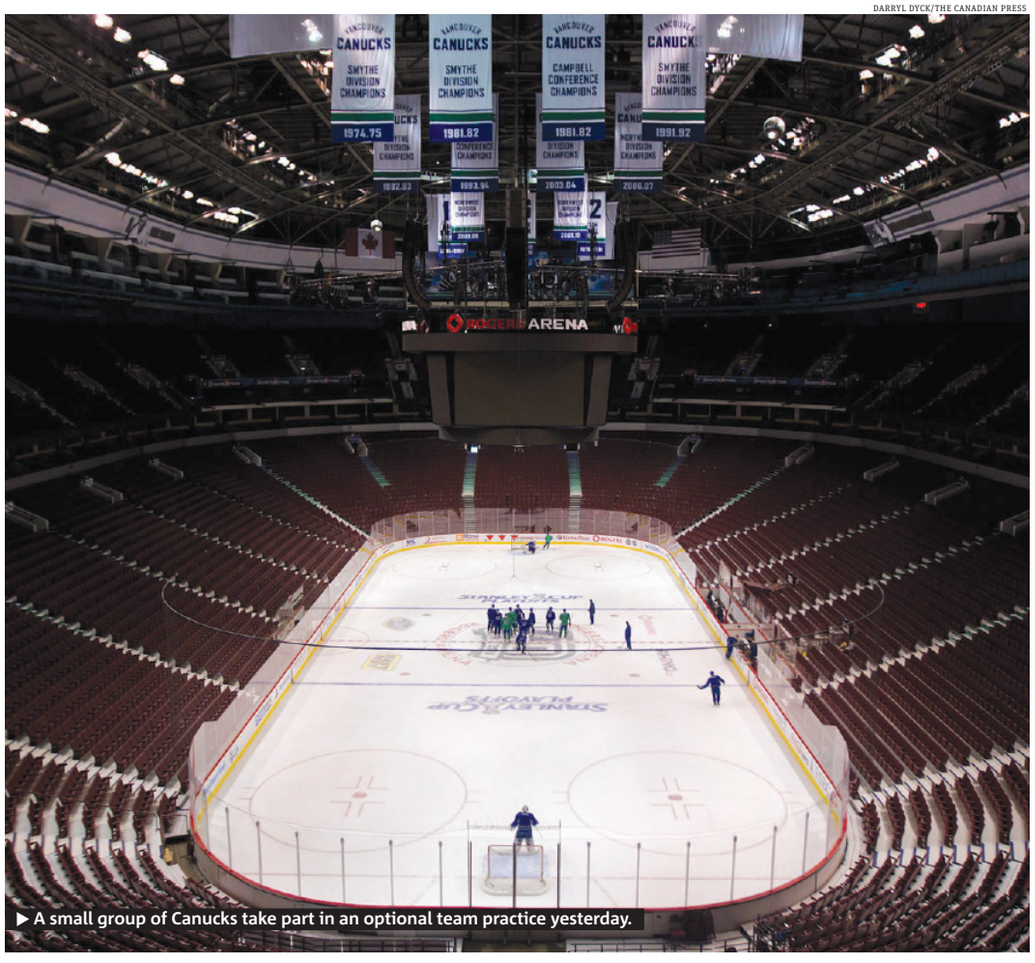
That number nearly doubled in the next two games as the Canucks and Sharks with 27 man advantages in San Jose with significant 5-on-3 time in each contest.

It's hard to predict how strictly the officials will scrutinize the combatants tonight, but the Canucks have done well in either scenario.

Vancouver has scored on 39 per cent of its power plays to San Jose's 33 per cent and has outscored the Sharks 8-5 at even strength.

"If you work hard, you do the right thing, it's going to turn around."
HENRIK SEDIN

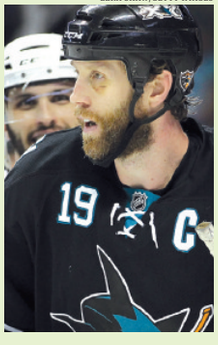
DARRYL DYCK/THE CANADIAN PRESS



▶ A small group of Canucks take part in an optional team practice yesterday.

A moment to seize

EZRA SHAW/GETTY IMAGES



G.I. Joe

Joe Thornton was clearly wounded at the conclusion of Sunday's tilt at the Tank, but insists he'll play in what could be the series finale. Thornton has six points in the first four games, but will be forced to play through what appears to be a shoulder injury in Game 5.

HARRY HOW/GETTY IMAGES

On the points

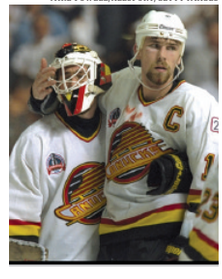
The Canucks hold a decided advantage in the offence-from-defence department. Vancouver's blue-line has combined for seven goals and fifteen points thus far compared to just one goal and eight points from their defensive counterparts.

THEARON W. HENDERSON/GETTY IMAGES

Strong starters

The Sharks have outscored the Canucks 6-2 in the first period this series and have scored first in all but one game. Vancouver has owned the last forty minutes however, tallying fifteen times to San Jose's five in second and third period play.

MIKE POWELL/ALLSPORT/GETTY IMAGES



History repeating?

The last time the Canucks won a series four games to one was exactly 17 years ago today when Greg Adams scored in double overtime against Toronto to clinch the Western Conference. Only two playoff years have seen the Canucks win a series in five games — 1982 and 1994, the only two times Vancouver has played in the Cup final.

4 sports

Quoted

"It's obvious him playing hurt is going to be a big thing. It's going to lift us."
SHARKS WINGER TORREY MITCHELL ON JOE THORNTON.

A tough road

‘It’s like climbing Mount Everest,’ Canuck says of Achilles injury rehab

There have been a lot of painful bumps and twists on the road Sami Salo has travelled.

When the season started, the Vancouver Canuck defenceman wasn’t sure if he would ever play hockey again after rupturing his Achilles tendon last summer. Now Salo finds himself just one win away from playing in the Stanley Cup final for the first time in his 12-year NHL career.

“It’s been a long journey, not just in a career way,” Salo said yesterday after the Canucks practised at Rogers Arena.

“All the blood and sweat you poured during the season has really paid off. It is a really good feeling.”

The Canucks take a 3-1 series lead over the San Jose Sharks into Game 5 of the Western Conference final tonight (CBC, 6 p.m.). A win sends Vancouver to the Cup final for the first time in 17 years.

Salo’s booming slapshot was a big part of the Canucks’ 4-2 win over the Sharks on Sunday. He scored twice on the power play and added an assist. Vancouver scored three power-play goals in a 1:55 span in the second period, all on five-on-three situations.

They have pushed the Sharks to the brink, but Salo knows the final shove may be the hardest.

“You have to have the killer instinct to try and finish those guys off,” he said.

“We have seen that if you’re not going out there to win, if you are just sitting back, usually things are not going your way.”

Canuck captain Henrik Sedin said Salo is an important weapon in a Vancouver defensive unit that has scored 13 goals during the playoffs.

“We’ve always known in here what he can do,” said Sedin. “Coming back like he did from his injury, shows how much he wants to be here and how much he wants to win.”

Beating the odds is nothing new for Salo. He was the third last player taken in the 1996 draft, 239th by the Ottawa Senators. Coach Alain Vigneault said he wasn’t even sure if Salo would clear the latest hurdle.

“At his age, to come back from such a serious injury, we weren’t sure he was going to pull that off,” said Vigneault.

THE CANADIAN PRESS

Painful past

Injuries have cost Sami Salo over 250 games in his career, but the most devastating came last summer when playing floor ball in his native Finland.

- Friends told Salo it sounded like a shotgun blast when his Achilles ruptured.
- “It didn’t hurt at all,” he said. “It was just a weird feeling.”
- Salo missed training camp and the first 52 games of the season.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

▶ Vancouver’s Sami Salo celebrates his second goal against San Jose in Game 4.

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MATCH PACKS

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JULY 18 MANCHESTER CITY
JULY 30 LA GALAXY
AUG 7 CHICAGO FIRE
OCT 12 DC UNITED

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I HEART NY
MAY 28 NEW YORK RED BULLS
JULY 16 REAL SALT LAKE
JULY 18 MANCHESTER CITY
AUG 7 CHICAGO FIRE
OCT 22 COLORADO RAPIDS

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JULY 18 MANCHESTER CITY
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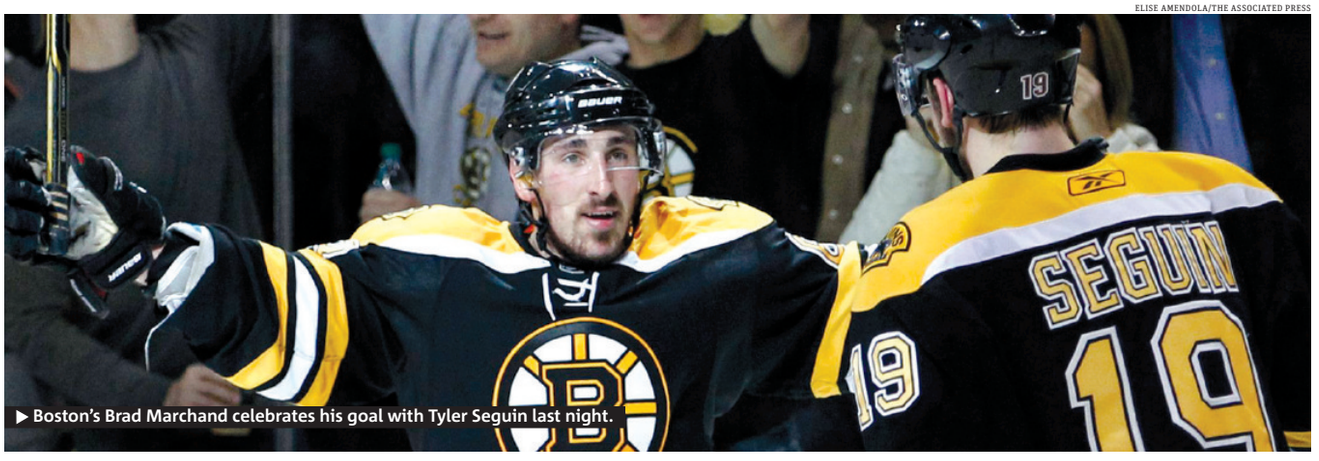

▶ Boston's Brad Marchand celebrates his goal with Tyler Seguin last night.

Bruins one win away from finals

Lightning start Smith instead of Roloson in pivotal Game 5 loss

BRUINS	LIGHTNING
3	1

Tim Thomas stopped 33 shots after allowing another early goal, and Brad Marchand scored the game-winner to lead Boston to a 3-1 victory over the Tampa Bay Lightning last night and put the Bruins one win away from the Stanley Cup finals.

The victory gave Boston a 3-2 lead in the best-of-seven Eastern Conference finals, with a chance to clinch tomorrow night in Tampa Bay. The Lightning would need to win Game 6 to force a seventh game in Boston on Friday.

Nathan Horton scored to tie it in the second period, 17 seconds after returning from the penalty box. Marchand scored with 4:04 left in the period to give Boston a 2-1 lead.

Boston managed just 19 shots on Mike Smith as he made his first career playoff start in place of Dwayne Roloson.

Tampa Bay finally managed to pull the goalie with 42 seconds left, but Rich Peverley scored an empty-netter with 12.1 seconds left to clinch it.

Thomas bounced back after allowing four straight goals in Game 4 and may have saved the season when he stopped Steve Downie with about 11 minutes left, reaching out to put his stick in front of the open net and protect a 2-1 lead. The crowd cheered each time it was shown from a different angle on the scoreboard.

Two nights after Tampa Bay rallied with five straight goals to overcome a 3-0 deficit and win Game 4, Boston shrugged off Simon Gagne's goal just 69 seconds in and staged a comeback of its own.

Gagne, who scored the winner in Game 4, converted a 2-on-1 with Steven Stamkos to beat defenceman Johnny Boychuk and put the puck past Thomas. Horton tied it on a one-timer from Milan Lucic 4:24 into the second period — just Boston's seventh shot.

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INTERVIEW

Mets owner disses players

Jose Reyes isn't worth all the money he wants. Carlos Beltran is no longer a top-tier player. David Wright isn't a superstar.

Those aren't merely the opinions of some disgruntled New York Mets fan. Those thoughts come straight from the owner of the team.

Fred Wilpon had sharp words for the all-stars and his teetering team in a newly released profile in The New Yorker. He made the comments during the Mets' 4-3 loss to Houston on April 20.

"Lousy clubs, that's what happens," Wilpon said after the Mets missed an early chance to score, then gave up some runs. "We're snake-bitten, baby."

Reyes can become a free agent at the end of the season. There has been speculation the shortstop wants a contract similar to the $142-million US, seven-year deal Carl Crawford signed in the off-season.

"He's a racehorse," Wilpon said of the often-injured speedster.

"He thinks he's going to get Carl Crawford money," he said. "He's had everything wrong with him. He won't get it."

Beltran is finishing up a $119-million, seven-year contract the outfielder signed with the Mets after his monster 2004 post-season for Houston, when he hit eight homers and scored 21 runs in 12 playoff games.

"We had some schmuck in New York who paid him based on that one series," Wilpon said, referring to himself. "He's 65 to 70 per cent of what he was."

As for Wright, Wilpon said the third baseman is "a really good kid. A very good player."

"Not a superstar," Wilpon said.

In a statement released by his agent, Wright said: "Fred is a good man and is obviously going through some difficult times. There is nothing more productive that I can say at this time."

The Mets are 22-24 and were off yesterday.

THE ASSOCIATED PRESS

Djokovic still rolling at Rolland Garros

Novak Djokovic extended his perfect season into the French Open, beating Thiemo de Bakker 6-2, 6-1, 6-3 yesterday in the first round.

The second-seeded Serb improved his 2011 record to 38-0 — and stretched his winning streak to 40 — on the second day of the tournament at Roland Garros. And he barely broke a sweat doing it, breaking his Dutch opponent six times.

"I was serving really, really well and being very aggressive, using every opportunity to step into the court," Djokovic said. "I was quite in control of the match."

Roger Federer, meanwhile, joined Djokovic in the second round by beating Feliciano Lopez of Spain 6-3, 6-4, 7-6, but sixth-seeded Tomas Berdych was knocked out by French journeyman Stephane Robert in five sets.

On the women's side, top-ranked Caroline Wozniacki eliminated 40-year-old Kimiko Date-Krumm 6-0, 6-2 and defending champion Francesca Schiavone beat Melanie Oudin of the United States 6-2, 6-0.

Canadian Aleksandra Wozniak made a big step in her comeback from right forearm tendinitis yesterday by beating Japan's Junri Namigata 6-1, 6-1 to reach the second round of the French Open.

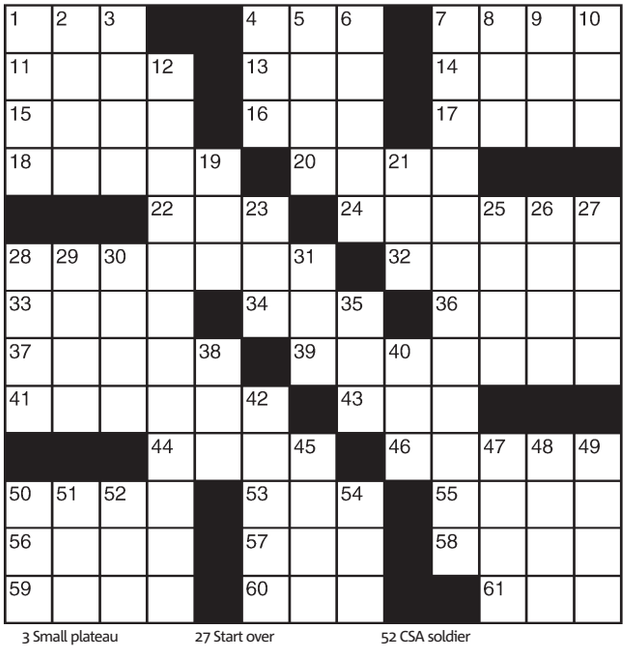
The 23-year-old from Blainville, Que., is competing in her first Grand Slam since struggling with a muscle problem in a first-round loss at the U.S. Open last August.

THE ASSOCIATED PRESS/
THE CANADIAN PRESS

LAURENT BAHEUX/THE ASSOCIATED PRESS

▶ Aleksandra Wozniak

Crossword



Across

1 Aries animal
4 Mariner's venue
7 Dutch cheese
11 Notion
13 Peculiar
14 Loosen
15 Witty poet Ogden
16 Zero
17 React in horror
18 Southern speech
20 Neap, for one
22 Charged particle
24 Looseleaf notebook
28 Green-eyed
32 Paris river
33 Eager, and then some
34 Spigot
36 Contemporary of Virgil
37 Whom Jason jilted
39 Transport to Oz
41 Tangles
43 Trouble
44 Mr. Gingrich
46 Broomstick passenger
50 Apple's center
53 Noah's boat
55 Traditional tales
56 Renders speechless
57 Regret
58 Ogler's look
59 Charlotte's creations
60 "Family Guy" daughter
61 Newcomer to society

Down

1 Peel
2 Hebrew month
3 Small plateau
4 Bart, to Homer
5 Tend texts
6 Wing it
7 12-Down playwright
8 "CSI" evidence
9 Billboards
10 Swab the deck
12 Comedy that debuted on Broadway in 1933
19 Privy
21 Affront (Sl.)
23 Kook
25 Prima donna
26 Oklahoma city
27 Start over
28 Gets stuck
29 Divisible by two
30 Verdi opera
31 Perched
35 "Wham!"
38 Hearty brew
40 Tier
42 Honey bunch?
45 Verifiable
47 — the line (behaved)
48 Saskatchewan tribe
49 KFC additive
50 Crow's cry
51 Have debts
52 CSA soldier
54 Small barrel

▶ Friday's answer

V	I	S	O	R		A	F	T		M	A	R
O	V	U	L	E		B	O	O		O	B	I
X	E	N	I	A		S	U	N	R	O	O	F
		D	O	C	T	O	R		E	L	U	L
B	O	A		H	O	R		O	V	A	T	E
A	L	E	C		A	B	I	D	E			
R	E	S	O	L	D		S	E	A	S	O	N
			B	A	S	I	L		L	U	N	E
B	R	A	W	N		S	E	A		N	A	G
A	O	N	E		T	O	T	T	E	D		
S	U	N	B	E	A	M		T	R	I	E	S
A	T	E		A	C	E		A	G	A	V	E
L	E	X		T	O	R		R	O	L	E	X

Sudoku

	2		9					
		3		4				8
		9		2	1	7	6	
		4						9
	3	5		8		1	7	
7						2		
	7	6	3	1		8		
8				6		5		
					2		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

9	8	7	2	5	1	4	3	6
6	1	3	4	7	9	8	5	2
5	4	2	3	6	8	9	7	1
8	5	4	7	9	6	2	1	3
2	7	1	8	4	3	5	6	9
3	6	9	1	2	5	7	8	4
1	2	6	5	8	4	3	9	7
4	3	5	9	1	7	6	2	8
7	9	8	6	3	2	1	4	5

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

big lil sis, I love you! I will miss you so much! Have a great time :) **LIL BIG SIS**

LovesTrains
Hey babe, I just want you to know how much I miss spending time with you. Lets go for a long drive like we used to. Love, **MISS**

My Best BBM Friend (aka Cutie) Metro knows & so do I! I love being around you too. You just don't know how much you mean to me... **UR SECRET ADMIRER**

ChuckyCC
I could not help myself babe I called your "wife". she knows what's happening now we can focus on US. I came back early, was not having any fun. miss you. ps don't be mad someone had to do the dirty work. she says she knew the truth anyway I am ready to make a move, are you? **TIFFANY**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Someone new will come into your life, someone who brings fun.

♉ Taurus April 21-May 21 You need to come down to earth a bit and deal with matters of a practical nature — especially money.

♊ Gemini May 22-June 21 Follow your instincts and don't be afraid to change direction. Your head and heart are in harmony.

♋ Cancer June 22-July 22 If you want to make sense of recent events, you will have to stand back and put them in a wider context.

♌ Leo July 23-Aug.23 If you want to accomplish more than you have, you must work as part of a team.

♍ Virgo Aug. 24- Sept. 22 An idea you had recently is growing in your mind and you know that it could transform your life.

♎ Libra Sept. 23-Oct. 23 Start looking forward to all the good things that will very soon be coming your way.

♏ Scorpio Oct. 24-Nov. 22 The more you try to give up a habit, the more you end up enslaved to it. Accept it as part of your nature.

♐ Sagittarius Nov. 23-Dec. 21 Flattery may work to an extent but you also need to show people what's in it for them.

♑ Capricorn Dec. 22-Jan. 20 . Don't let sentiment play a part in your judgment: Results are far more important than your feelings.

♒ Aquarius Jan. 21-Feb. 18 Lingering feuds must be swept away. There's no time for them.

♓ Pisces Feb. 19-March 20. Make sure loved ones still have a prominent role in your future plans. **SALLY BROMPTON**

Caption contest

THE ASSOCIATED PRESS/ BELA SZANDELSZKY

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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350 West Georgia Street
Phone: 604-331-3624
Web: skilledimmigrants.vpl.ca
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Karat|Price/gram

1oz Maple Leaf Coin (9999)	$1403/coin
999 Gold Coins and Bars	$42.98
24k Jewellery	$33.71
22k	$30.90
East Indian and Nuggets	$27.39
18k	$25.28
14k and dental	$19.66
10k	$14.04
.925 Sterling Silver	$0.62

We also offer refining services for large and dental lots.
Please contact us for fee and payout information.

Example Purchase 1:

Purity: 14k • Weight: 193.50g
PRICE: $3,736.49

Example Purchase 2:

Purity: 24k • Weight: 6.42g
PRICE: $212.50

Additional Pricing

Gold Coins

Gold Coins Under 24kt (Per Gram of Gold)	$40.36/gram
Maple Leaf Coins under 1 ounce	$45.11/gram
999 Gold Bars under 1 ounce	$41.79/gram
Silver Maple	$33.02/coin
Silver Bullion	$31.30/ounce

Silver

Unrecognized Silver bars 1 ounce or more	$0.82/gram
Stamped Sterling Silver	$0.62/gram
Stamped .800 Silver	$0.53/gram
Unstamped Solid Silver	$0.44/gram

Canadian Silver Coins

Coins from 1966 or earlier	15.8 Times Face Value
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Coins from 1968	9.5 Times Face Value

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999 Platinum Coins	$44.35/gram

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